

Pure Facts

Newsletter of the Feingold® Association of the United States



November, 2004

www.feingold.org

Vol. 28, No. 9

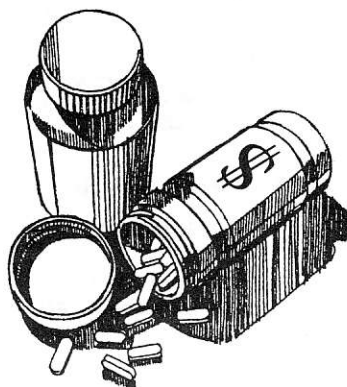
“Big Pharma” draws fire from critics

Pharmaceutical companies are the nation's richest corporations, and along with wealth have come abuses.

Antidepressants and teen suicide

The Food and Drug Administration (FDA) has acknowledged that antidepressants are responsible for triggering suicidal thoughts in some teens. The announcement follows years of denial on the part of drug companies and the FDA. The agency was embarrassed when it became known that they had suppressed the findings of their own drug-safety analyst that a small percentage of teens were at risk from the drugs.

Another blow for Big Pharma was the law suit that New York's state attorney general, Eliot Spitzer, filed against GlaxoSmithKline, the maker of Paxil, forcing the company to disclose the results of its clinical trials.



Antipsychotics and children

The use of antipsychotics for children ages six to eighteen has increased more than ten-fold over the past decade, with more than one half million now taking these powerful drugs.

Toddlers

A study published in the *Journal of the American Medical Association* in 2000 found that stimulants, antidepressants and antipsychotics were being prescribed to children as young as two-years old. Most of the prescriptions are written by family doctors, not by specialists with greater experience in the use of the drugs. The *Canadian Journal of Psychiatry* reported a similar increase in Canada and Europe.

Testing drugs

One of the biggest objections to the use of such potent drugs for children is the fact that they have not been tested in such a young population.

Continued on page 3

Some promising developments about school lunches

New options for healthier lunches are already available, at least for adults.

The October issue of *Pure Facts* disclosed how bad the ingredients in many school lunches really are, but there are some bright signs on the horizon. Three huge companies dominate the U.S. market in providing institutional foods, which includes schools, hospitals, colleges, nursing homes, prisons, and corporations.

The biggest changes are now taking place in corporate cafeterias, where employees are demanding healthier, better tasting food, and bosses are beginning to understand the bottom-line benefits. Healthier food translates to a more productive workforce and a reduction in medical costs. (And employees who eat don't leave the building to get lunch spend less time away from their desks.)

Some corporate cafeterias have replaced deep fried, gravied dishes with the likes of broiled salmon, steamed

broccoli, green salads and pasta bars. And some college cafeterias are serving healthier food in response to student demands. But for all but a lucky few, the things provided for our children and teens in their school cafeterias are loaded with MSG and other synthetic additives, sugar, salt and fake meat.

The good news is that the same three food distribution companies serve both markets; distributors will provide healthy options if schools demand them. Children need not be given a steady diet of “foodless food” by the schools that are supposed to be caring for their minds and bodies.

To learn what you can do to improve the food in your child's school and to keep posted on school lunch issues, log on to our new web site: www.School-Lunch.org.

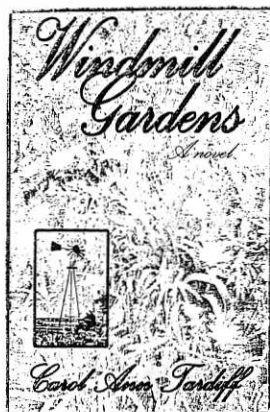
The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT, and TBHQ.

A Feingold success, years later

Some youngsters who grow up on the Feingold Program are able to be more relaxed about following the program as they get older. This makes eating out and socializing much easier.

My son, Matthew, just left for college this week. This child, who was out of control often in his early years, became much less sensitive to additives (and salicylates/benzoates) when he hit his teen years. While he starting eating many previously prohibited foods, I still kept a "clean table" at home and he did all right. He developed such a laid-back personality that he had many friends and I found him to be the easiest teenager of my four children. He's kept a 3.5 average, held down a responsible job, honed his fine baritone voice at church and school, and pursued a passion for building and using computers.

His younger sister, Katie, is much more careful about what she consumes than her brother, but still eats off the program quite a bit. She's a senior in high school now, has a 3.8 average and a lovely soprano voice. Katie has a talent for arts and crafts and gardening, and enjoys cooking and baking.



Windmill Gardens

A novel by Carol Ann Tardiff
Infinity Publishing
Att: Book Sales
1094 New Dehaven St, #100
West Conshohocken PA 19428
www.BuyBooksOnTheWeb.com

She loves to be with her family and has chosen a university close to home where she will study art.

I'm the one who continues to have an extreme sensitivity to additives, and I avoid them like the plague (especially MSG). I often wonder where we would all be today if it hadn't been for the Feingold Program. I would probably be locked up somewhere by now! I am so grateful for all the volunteers who have given so much of themselves to help families like mine.

I wanted to let you know that I have recently published a novel, entitled *Windmill Gardens*. I worked in a mention of the advantage of a diet free of additives, and gave the address and phone number of the Feingold Association in the Endnotes.

I continue to enjoy *Pure Facts*. Sometimes I even see a glimmer of hope that the tide may be turning our way.

Carol Tardiff

The Truth About the Drug Companies

A woman with impressive credentials, and years of experience watching the changes in our health system, offers a scathing attack on the abuses of most of an entire industry, along with recommendations on how to reclaim control over our health.

Marcia Angell, M.D., saw medicine from the perspective of Editor of the *New England Journal of Medicine*. She is now a member of the Harvard Medical School's Department of Social Medicine. She is the author of a new book: *The Truth About the Drug Companies; How They Deceive Us and What to Do About It*.

In a description of the book the publisher writes: "Dr. Angell demonstrated exactly how new products are brought to market. Drug companies, she shows, routinely rely on publicly funded institutions for their basic research; they rig clinical trials to make their products look better than they are; and they use their legions of lawyers to stretch out government-granted exclusive marketing rights for years. They also flood the market with copycat drugs that cost a lot more than the drugs they mimic but are no more effective."

Drug-oriented medicine

In an editorial several years ago, Dr. Angell wrote: "When the boundaries between industry and academic medicine become as blurred as they now are, the business goals of industry influence the mission of the medical schools in multiple ways. In terms of education, medical students...under the constant tutelage of industry representatives, learn to rely on drugs and devices more than they probably should."

Some positive developments

Three companies, Schering-Plough, Bayer and Glaxo, have paid multi-million dollar fines for inflating the cost of drugs sold to the Medicaid program.

The state of Vermont is suing the Food and Drug Administration for denying requests to be permitted to buy drugs from Canada.

Nineteen California pharmacies have brought suit against fifteen of the world's largest drug manufacturers, accusing them of violating the state's antitrust and unfair business practices laws. The pharmacies say the companies are illegally conspiring to keep the price of drugs in the United States artificially high and preventing the pharmacies from buying the drugs from other countries that charge less.

In response, a spokesman for the pharmaceutical company, Pfizer Inc., said that the importation of drugs is dangerous because it increases the opportunity for counterfeit drugs to get into the system. The drug companies defend the higher prices paid by Americans as needed to cover the costs of research and development.



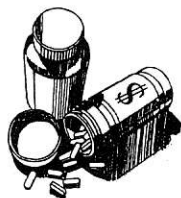
Big Pharma, from page 1

The National Institute of Mental Health (NIMH) proposed to help address this by giving a single 10 mg dose of dextroamphetamine to children ages 9 to 18. (This is the primary ingredient in the drugs Dexedrine and Adderall.)

The subjects would be 14 children who had been diagnosed with ADHD and 14 without. Brain patterns would be observed after administration.

Twenty years ago the NIMH conducted a similar test, giving Ritalin to children with and without symptoms of hyperactivity. They found that the drug had a similar effect on both groups, increasing their ability to focus on work. This was a significant finding because one of the theories popular at that time was that a positive response to Ritalin was proof that the child was clinically hyperactive.

This study has created an ethical dilemma since it would require that a schedule II drug (a controlled substance) be given to healthy children.



Editorial note

Several scientific review panels have come out in opposition to this proposal. Their concern for the welfare of the 14 non-ADHD children is admirable. But where is the concern about giving the same drug to the 14 "ADHD" children.

The first group of children are referred to as the "healthy" group, as though a diagnosis of ADHD implies a disease.

The medical literature now contains documentation that ADHD can be triggered by many things, including synthetic food additives. Isn't it just as unethical to give a schedule II drug to a child whose ADHD symptoms can be addressed in a less risky way?

Isn't it particularly unethical to give such powerful drugs to toddlers?

A one-time 10 mg dose of dextroamphetamine is an unfortunate event for any child; but there are millions of children who stay on a regimen of a high dose of such drugs for years. Many of them are taking a second or third drug in an attempt to address the side effects of the first.

Children who cannot tolerate synthetic chemical additives, or whose symptoms of ADHD are the result of other factors, are not disposable or of less value than the others.

Does Big Pharma own our health care?

It's no secret that some pharmaceutical companies use their wealth to influence scientific research, governmental decisions and public policy in order to add to their profits.

Back in 1984 the prestigious *New England Journal of Medicine* announced that they would require authors to disclose any financial ties they had with companies whose products were discussed in their articles. By 2002 the *Journal* gave up on their effort to monitor such potential conflicts of interest; it seems there were not enough researchers who were free of drug money to supply articles.

More recently the National Institutes of Health established a commission to investigate the conflicts of interest resulting from the fact that more than a hundred of the agency's employees work as consultants for biotech and pharmaceutical companies.

Drug companies have done more than simply fund scientific research. Some have played an active role in designing the studies in order to obtain results favorable to their product. They play up any favorable data and suppress the less favorable. Then the partial information is presented to the layperson in prime-time TV and print advertising.



Some of the articles that appear in medical journals are written by consultants who are paid by the pharmaceutical company. Next, doctors are paid to allow their names to be added to the article.

Support groups often receive money from the pharmaceutical industry and then adopt policies favorable to their benefactors. (The Feingold Association does not receive any such funding.)

Big Pharma in school

Drug industry money has found its way into the nation's universities. Researchers can receive money from companies in many ways and in some cases the university itself has entered into financial deals with pharmaceutical companies.

The taxpayer-funded research pays the bill for much of the work needed to develop new drugs, and the industry gets to sell the resulting products to Americans for double what consumers in other countries pay. When Americans attempt to reduce their costs by purchasing the drugs in Canada, the Food and Drug Administration protects Big Pharma by attempting to prevent this.

A Hopeful sign

Physicians are required to take continuing education courses in order to keep abreast of new developments and to maintain their license. The agency that oversees this training is the Accreditation Council for Continuing Medical Education.

The Council has recently announced a new policy to help ensure that the information given to doctors is not tainted by the presenter's ties with industry. The Pharmaceutical Research and Manufacturers of America, which represents the interests of Big Pharma, denies that companies try to influence the information given to doctors.



Feingold® Association of the United States
540 East Main Street, Suite N, Riverhead, NY 11901

Dear Feingold Friends,

What would you say to someone who wrote this to you?

My 9-year old son has ADD and behavior problems with resulting suspensions. I read that a diet change could help. I'm hesitant to put him on any medications since the long term effects are unknown. He is a loving child, but when the impulsiveness takes over, he is out of control. The blow-ups are intense with name calling, threats, screaming. He is always sorry when it's over, but I'm afraid he will get himself into serious trouble. How does Feingold work?

My 5-year old granddaughter is aggressive and disrespectful with angry outbursts. She screams, stamps her feet uncontrollably and has many allergies and asthma. Help!

My daughter is to the point I can't control her. She's only 5 but does not listen. I took her to the doctor and he says that she's ADHD, but the medication isn't working. What else can I do? I love my child and need advice before I pull my hair out! Please help!

I just found out our son has PDD. What do I do with this child who will not stop hitting and yelling and jumping and climbing and throwing tantrums? He is now four. I found an article about "Ritalin-Free Treatments for ADD/ADHD" at my doctor's office and saw your web site mentioned. What is this diet?

This is just a sampling of the messages received on our web site over a three-day period. Every time I read and respond to such a plea, I remember back to our time of tantrums and school failure. Our family was lucky. Seeing Dr. Feingold, personally, on TV allowed my child to bloom on the Feingold Program. Dr. Feingold is gone now, but our dedicated parent support organization continues his mission.

Each year we ask for your help to reach the thousands of families who have not yet heard about the Feingold Program. In the past, your dollars enabled us to develop a comprehensive web site as well as books, cards and pamphlets, but we need your continued assistance in reaching families like those above. There are two ways you can help:

- The first is to place a donation in the enclosed envelope in whatever amount you can afford. It will be used to print and distribute our informational material.
- The second thing is to visit the Feingold web site www.feingold.org, click on TO VOLUNTEER and become an active participant in distributing information.

At this joyous time of year please join me in giving as many families as possible the gift of a happy home.

Sincerely,

Gail Ann Wachsmuth, President
Feingold Association of the United States

Curious beverages

Creative marketing and unlikely recipes mark two new offerings.

Pepsi has a promotion to increase soft drink sales at its Taco Bell restaurants. In an effort to entice drive-through customers to buy soda along with their tacos, the company offers "Mountain Dew Baja Blast" which is only available at Taco Bell. This version has the caffeine, high fructose corn syrup and dye found in their regular Mountain Dew, but the Baja Blast version comes with a little bit more lime juice and a turquoise blue color. Feingold families are advised **not** to "Do the Dew" or the "Blast."

Aneheuser-Busch wants to sell beer as we've never known it before. The company is planning to unveil a new beverage they call "B to the E" that combines beer with herbs and caffeine, plus some fruity smells. The FAUS product information staff will hold off researching this one as it may not be around for long.

Two empires at risk

Past success is no guarantee as consumer tastes mature.

Twinkies might have a longer shelf-life than its parent company. Despite annual sales of more than 500 million cream filled cakes, and \$3.5 billion in revenues, Interstate Bakeries filed for bankruptcy in September.

If you had any plans of using the little cakes in a science fair experiment, perhaps to learn how long they really last, now is the time to stock up. (The company claims they really don't last forever, and have a shelf-life of just 14 days.)

After 30 years of steady growth, profits are down at the 1,235 McDonald's restaurants in Great Britain. The corporation is feeling the effects of law suits from obese customers and a backlash from the satirical film "Super Size Me." They are also losing customers to the many British restaurants offering healthier foods.

Money can't buy everything

Monsanto invested huge sums to transform the way milk is produced. But it looks like courageous farmers, reporters, scientists and consumer activists are winning.

Ten years after introducing a drug to increase milk production in dairy cows, it looks like chemical giant, Monsanto, will be phasing out its controversial bovine growth hormone rBGH, which goes under the name Posilac. Sales were down 15% in December of last year, and another 50% this past January. This has been a text-book case of a powerful company using its clout to get around a system that is intended to protect consumers. But despite the many millions spent to promote its product, Monsanto appears to be losing the battle.

Posilac promised to increase milk production by up to 15 percent, but for some dairy farms it has resulted in illness and death in their herd. Animals are not the only ones affected by the drug. According to the Cancer Prevention Coalition, Posilac has been linked with human breast and prostate cancers. Back in 1998 the journal, *Science*, reported that men who drink rBST-treated milk increase their risk of prostate cancer. *Cancer Research* reported in 1995 that rBGH appeared to have the ability to stimulate the growth of tumors and the progression and aggressiveness of childhood leukemias. Early on, Consumers Union expressed concern that Posilac could cause harm to the animals, increase the risk of cancer in humans and accelerate puberty in children who drink the milk.

"The widespread consumption of rBGH supplemented milk is...an experiment on an unsuspecting population that could have horrendous consequences" wrote cancer research scientist George L. Tritsch.

Dairies that have tried to label their milk as being free of the artificial hormone, and state regulations that support such labeling, have come up against Monsanto's many lawyers, industry trade groups, and the federal government. The U.S. Food and Drug Administration (FDA) has taken Monsanto's side, claiming that milk from cows that have been treated with Posilac is no different from milk of untreated animals. While threatening small dairy farmers, Monsanto worked on the public relations angle, promoting its "Milk is Milk" campaign via an entity called the "Center for Global Food Issues," under the direction of the Hudson Institute. Their message: "There is no indication that natural is better than biotech."

The following information is from the Environmental Research Foundation.

www.erf@rachel.org

Jane Akre and Steve Wilson are award-winning journalists hired by Fox TV in Tampa, to investigate the use of Posilac in Florida's dairies. They uncovered information harmful to Monsanto; the company said it would suffer "enormous damage" if the series ran. Fox instructed Akre and Wilson to water down their story. They refused and were fired.

"rBGH was never properly tested before FDA allowed it on the market." The short-term study using rBGH was never published and the FDA has refused to allow anyone outside agency to review the raw data from the study.

"...former Monsanto employees went to work for the FDA, oversaw the approval process, then went back to work for Monsanto."

Wild Oats sows good taste and good health

If you live near any of the 101 Wild Oats stores, located in 25 states and Canada, you have a world of delicious natural foods available.

Wild Oats, the nation's second largest natural foods market, began in 1987 as a vegetarian market in Boulder, Colorado. Just four years later their first supermarket-size store opened in Santa Fe, New Mexico.

With growing consumer awareness that natural food can be very much like "regular" food, highly affordable and delicious, Wild Oats expanded rapidly. Today they have stores in the following states: Arizona, Arkansas, California,

Colorado, Connecticut, Florida, Illinois, Indiana, Kansas, Kentucky, Maine, Massachusetts, Missouri, Nebraska, Nevada, New Jersey, New Mexico, Ohio, Oklahoma, Oregon, Tennessee, Texas, Utah, and a branch in Vancouver, British Columbia. To see if there is a store near you, go to www.wildoats.com.

Henry's Marketplace, Sun Harvest, and Capers are also part of the Wild Oats corporation.

FAUS's Product Research staff has been working with the Quality Assurance division at Wild Oats for several months to assemble this list of store brand products that may be added to your *Foodlist & Shopping Guide*.

You will see that they have three varieties: Wild Oats, Wild Oats Natural, and Wild Oats Organic, plus the Henry's Farmer's Market line of products.



Stage One

WILD OATS

Canola Oil
Cooking Maple Syrup
Tortilla Chips: Salted Blue,
Sesame Blue, Salted White,
Unsalted White
Water: Wild, Spring

WILD OATS NATURAL

Butternut Squash Soup
Chunk Light Tongol Tuna: In Water,
In Water with Salt
Extra Virgin Olive Oil
Honey Roasted Soybeans (CS)
Hulled Sesame Seeds
Pecan Halves, Raw Brazil Nuts
Raw Hulled Sunflower Seeds
Raw Shelled Pumpkin Seeds
Raw Whole Cashews
Sesame Seeds, Raw Filberts
Walnut Halves & Pieces
Roasted & Salted: Pistachios,
Soynuts, Sunflower Seeds,
Virginia Peanuts,
Whole Cashews
Unsalted Soybeans
Sweetened Banana Chips
Unpitted Whole Medjool Dates,
Turkish Figs
Italian Sparkling Mineral Water
Just Wheat Crackers
Ripple Potato Chips, Veggie Chips,
Kettle Potato Chips: Salted,
Salt & Vinegar (CS)
Smoked Light Tuna Slices: In
Sunflower and Sesame Oil,

In Water with Salt,
With Ginger In Sunflower Oil
Solid White Albacore Tuna in
Water, Solid White Albacore
Tuna in Water with Salt

Ruby Red Grapefruit Juice Not
from Concentrate

Pomegranate Juice

Italian Soda: Lemon

Pasta: Penne Rigate, Elbow
Macaroni, Capellini, Rigatoni,
Lasagna, Fettuccine, Linguine,
Farfalle, Fusili, Spaghetti

Wide Egg Noodles

WILD OATS ORGANIC

Calmyrna Figs
Crystallized Ginger with Organic
Raw Sugar

Dry Roasted Salted Soynuts

Dry Roasted & Unsalted Soynuts

FlaxSeeds, Golden Flax Seeds

Mango Slices

Pitted Prunes

Pecan Halves

Raw Pepitas

Raw Whole Cashews

Sunflower Seeds

Tamari Pumpkin Seeds

Walnut Halves & Pieces

Extra Virgin Olive Oil

Lemonade from Concentrate

Water Crackers, Water Crackers
with Cracked Pepper, Water
Crackers Savoury Herbs

White Flour Tortillas, White Tortillas
fat free, Whole Wheat Tortillas,

Yellow Corn Tortillas

Maple Syrup: Dark Amber,
Medium Amber

Chicken Broth

Beans: Black, Garbanzo, Pinto,
Dark Red Kidney, Soybeans,
Great Northern, Red Lentil

Milk: Whole, 2%, 1%, Fat Free

Pasta: Spaghetti, Penne, Rigate,
Fettuccine, Linguine, Capellini,
Rigatoni, Semolina Radiatore,
Rotelli, Lasagna

Whole Wheat Pasta: Spaghetti,
Penne Rigate, Fusilli

Popcom: Butter Flavor, Plain,
Lightly Salted

Organic Tofu: Firm & Extra Firm
Pretzels: Thick Stick, Thin Stick,
Mini

Roasted Peanut Butter: Creamy,
Crunchy

Stage Two

WILD OATS

Tortilla Chips: Spicy Blue
(tomatoes, paprika, wine vinegar)

WILD OATS NATURAL

Boulder Trail Mix (blueberries,
raspberries, raisins), Cascade Trail
Mix (almonds, cranberries, raisins),
Cranberry Moon Mix (almonds,
apples, raisins), Cranberry Trail Mix,
Gourmet Trail Mix (raisins, apricots,
blueberries, cherries), Nick's Trail
Mix (almonds, raisins),
Raisin Nut Mix

Top that pumpkin pie!

Natural whipped cream is now available in an aerosol can; see the listing below from NATURAL BY NATURE.

Natural Holiday Candies

BOB's has created a special batch of their candies just for Feingold families. These candies use natural colors and flavorings and are available only through the Squirrel's Nest Candy Shop in Delaware. Phone (302) 378-1033 or visit www.squirrels-nest.com for information on ordering them. Some parents are ordering enough candy canes to give to all of the children in their child's class.

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*.

Stage One

BOB's Peppermint Snow Canes (CS)
BOB's naturally colored Red & White Candy Canes (CS),
Sweet Stripes Peppermint Balls *Only the versions available from the Squirrel's Nest are acceptable.*
BOULDER POTATO COMPANY Potato Chips: Malt Vinegar & Sea Salt (CS), Sea Salt & Cracked Pepper (CS, MSG/HVP), Totally Natural
EVONS Chef's Naturals Chopped Pecans
FISHER Chef's Naturals Chopped Pecans
FLAVOR TREE Chef's Naturals Chopped Pecans
MISS ROBEN'S* Mixes: Cakelike Donut, Chewy Brownie, Corn Free Pizza Crust, English Muffin, Improved Pancake, Mock Graham Cracker, Pie Crust, Pizza Crust, Soft Pretzel, Tortilla, Traditional Combread
MISS ROBEN'S* Noah's Bread Mix
MISS ROBEN'S* Freez Ice Cream Mix (CS in both): Chocolate, Versatile
MISS ROBEN'S* Mild Breeding/Batter Coating — regular or bulk size www.allergygrocer.com
MOUNTAIN HIGH YOGHURT European Delight French Vanilla (CS, trace salicylates in pectin from citrus fruits)
NATURAL BY NATURE Whipped Cream in a can
SCHULTZ Pretzels: Honey Wheat Braids (CS), Rods (CS), Salty Stix (CS), Sourdough Nuggets, Sticks (CS), Thins (CS)
SCHULTZ PRETZEL FACTORY Double Baked Pretzel Balls (CS), Flavored Braids (CS)
SUNSHINE COUNTRY Chef's Naturals Chopped Pecans
TREE OF LIFE* Soy Margarine: Lightly Salted, No Salt
UNPETROLEUM Multi Purpose Jelly *This is a Vaseline alternative.*
WHA GURU CHEW Cashew Vanilla Snack Bar
XLEAR* Nasal Wash, Xylo Sweet natural sweetener
www.xlear.com 1-877-566-5327

Stage Two

BOAR'S HEAD Londonport Top Round Seasoned Roast Beef (CS, SF, MSG/HVP, paprika, wine, red currants)
BOULDER POTATO COMPANY Potato Chips (CS in all): Habanero (paprika), Jalapeno Cheddar, Zesty Ranch (MSG/HVP, tomatoes)
CARANDO DELI QUICK (CS) Alpina Genoa Salami (N, cloves, wine), Genoa Salami (N, cloves, wine), Low Fat Genoa Salami (N, cloves, wine), Low Fat Pepperoni (N, paprika, red & chili peppers), Pepperoni (N, paprika, red & chili peppers, cloves)
IZZE* fruit based soft drinks: Sparkling Blackberry (apples, grapes), Sparkling Blueberry (apples, grapes), Sparkling Clementine (apples, grapes, oranges), Sparkling Grapefruit (grapes), Sparkling Lemon (apples, grapes), Sparkling Pear (grapes) www.izze.com
LEROUX CREEK Applesauce: Apricot, Berry (blackberries, marionberries), Cinnamon, Golden, Mango
MISS ROBEN'S* Carrot Cake Mix (cloves), Mock Oatmeal Raisin Cookie Mix (cloves), Roll & Cut Gingerbread (cloves), Gingerbread Mix (cloves), Mock Goldfish Crackers (paprika), Blueberry Muffin Mix
NATURAL CHOICES* Natural Shine Wood Cleaner & Polish (oranges), Orange 100 Cleaner & Degreaser www.oxyboost.com
POLANER Grape Jelly (CS), Sweet Orange Marmalade (CS)
POLANER Spreadable Apricots, Spreadable Blueberries, Spreadable Cherries, Spreadable Concord Grapes, Spreadable Oranges, Spreadable Raspberries, Spreadable Seedless Blackberries, Spreadable Strawberries, Spreadable Pineapples
All contain trace salicylates from citrus fruits.
PREMIER JAPAN* Wheat Free Hoisin Sauce (cloves, oranges, cider vinegar), Wheat Free Teriyaki Sauce (red peppers, cider vinegar)
TOM'S OF MAINE* LemonLime Natural Anticavity Fluoride Mouthwash for a Dry Mouth: (SB, oranges, tea)
TOM'S OF MAINE* Natural Anticavity Fluoride Mouthwash: Cinnamint (cloves), Peppermint (SB, tea), Spearmint (SB, tea)
TOM'S OF MAINE* Natural Anticavity Plus Whitening Gel Toothpaste: Cinnamint (cloves), Orange-Mango (tangerines), Wintermint (cloves, oranges, oil of wintergreen)
TREE OF LIFE* Fancy Fruit Spread: Apricot, Strawberry
Both contain apples and grapes.
ULTIMA REPLENISHER* sports drinks: Light Lemon, Orange, Wild Raspberry *All flavors contain CS, bilberries and grapes.* www.ultimareplenisher.com 888-663-8584
VAXA* Supplements: Attend (tea), Vaxa Buddies (CS, oranges, tangerines, rosehips, apples, tomatoes, grapes) www.vaxa.com 800-248-8292

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

Seattle schools ban soda and junk foods

The city's school board voted unanimously to remove high-sugar and high-fat foods that are currently available during the school day, and to improve school lunches. They will also discontinue the practice of granting "pouring rights" – exclusive rights to one soft drink company to sell only their products.

The Seattle school board is also working to incorporate fresh, local, organic, non-genetically modified, non-irradiated, unprocessed food whenever possible.

Organic ivy in New Haven

Yale students are resorting to using forged IDs to gain access to the most popular spot on campus: the organic foods dining room.

Four years ago some undergraduates began their efforts to bring the organic crops being grown in New Haven into the school's dining rooms. Two years later some of the 300 organic crops grown locally were on the menu at the Berkley Dining Hall. It has been a popular change with the students and a big boost for local producers.

California votes for junk food

The state where many innovative school food programs have originated has recently had a setback. California's state legislature has voted to kill a bill that would have established nutritional guidelines for school vending machine foods and beverages. Critics say the offerings in the state's school vending machines "make your corner mini-mart look like a health food store."

The initiative for better nutrition was supported by 80 organizations, including the American Academy of Pediatrics, the California Medical Association, the California Teachers Association and the State PTA. But it lost out to a bloc of four industry groups and one surprise: the California School Food Service Association, which has joined with the food giants to vigorously opposed all such efforts.

At the last minute, the Food Service Association convinced legislators that the changes would result in revenue losses, even though this need not happen. (See [www. School-Lunch.org](http://www.School-Lunch.org).)

The next Pure Facts will be our combined December/January issue.

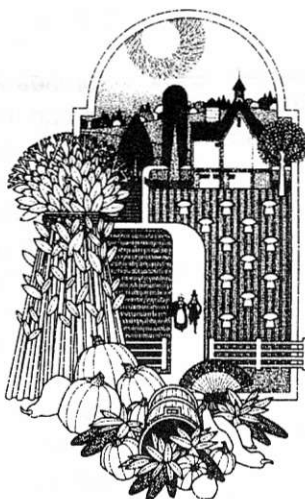
Moving?

Please send us your new address. The post office will not forward your newsletters because they are sent via bulk mail.

We're Moving Too!

This time it's the Virginia office of the Feingold Association that will be moving. After being located in Alexandria for 20 years we are moving to Williamsburg. The new address is:

Post Office Box 6058
Williamsburg, VA 23188



Anxiety & depression

Have you found a way to successfully address symptoms of anxiety or depression using non-drug methods such as diet or supplements? One of our members is researching alternatives and would like to learn about your experience. Please e-mail jane@feingold.org or write to FAUS at Post Office Box 6058, Williamsburg VA 23188.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Donna Curtis
Markey Dokken
Shula Edelkind
Cindy Harrell
Barbara Keele
Gail Wachsmuth

Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable U.S. brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69+ \$11 shipping. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 540 East Main St., Suite N, Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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